

Everybody Active

Timetable



DERBY COUNTY
Community Trust

Monday:

Time	Class	Venue
11:30 - 12:30	Low Impact Circuits	St Mary's Community Hall (DE24 0EN)
13:30 - 14:30	Badminton	Derby Arena (DE24 8JB) - Starts 21/1/19
18:00 - 19:00	Kettlebells	Mackworth Y&C Centre (DE22 4FN)
18:00 - 18:30	StadFit	Pride Park Stadium (South East Corner) (DE24 8BX)
19:00-20:00	Boxwell	Lees Brooke Community School (DE21 4QX)

Tuesday:

Time	Class	Venue
12:00 - 13:00	Over 60s Fitness	Derby Arena (DE24 8JB)
18:00 - 18:45	Legs, Bums and Tums	Pride Park Stadium (South East Corner) (DE24 8BX)
18:00 - 19:00	Badminton	Derby Arena (DE24 8JB) - Starts 22/1/19
19:00 - 19:45	Aerobics	Lees Brooke Community School (DE21 4QX)
19:45 - 20:30	Stretch and Relax	Lees Brooke Community School (DE21 4QX)

Wednesday:

Time	Class	Venue
10:00 - 11:00	Stretch and Relax	Pear Tree Library (DE23 6NQ)
12:00 - 13:00	BoxFit	OzBox ABA Gym (DE24 9QB)
12:30 - 13:30	Over 60s Fitness	Pride Park Stadium (DE24 8BX)
18:00 - 18:45	Physique	Pride Park Stadium (South East Corner) (DE24 8BX)
18:00 - 19:00	Low Impact Circuits	St Mary's Community Hall (DE24 0EN)
19:10 - 20:10	Zumba (11yrs +)	Littlelover Community School (DE23 4BZ)

Thursday:

Time	Class	Venue
12:15 - 13:00	Pedal and Pump	Queen's Leisure Centre (DE1 3PA)
18:00 - 18:30	HiiT it Hard	Pride Park Stadium (South East Corner) (DE24 8BX)

Friday:

Time	Class	Venue
16:00 - 17:00	Badminton	Springwood Leisure Centre (DE21 2RQ)

Saturday:

Time	Class	Venue
9:00 - 10:00	Saturday Energiser	Mackworth Y&C Centre (DE22 4FN)

Class Descriptions:

Low Impact Circuits – A low intensity, steady paced class designed to burn fat, tone and improve fitness without the impact.

Badminton – No need to bring your racquet or even a partner, just turn up and play.

Kettlebells – A great way to tone and improve strength ESPECIALLY your core muscles.

■ **StadFit** – Based on principles of HiIT, you will boost your fitness and shed fat in no time. Please note this class is held at Pride Park stadium concourse – please park outside The Yard restaurant and walk to the back right hand corner.

Boxwell – Fight your way to your goals with this upper body blasting class. You don't need to be experienced in boxing, we'll show you everything!

Over 60s Fitness – Improve stability and strength and this low impact class, chair options available.

■ **Legs, Bums and Tums** – If you've ever complained about your legs, try this class! Watch your clothes fit better!

Aerobics – Exercise moves to music, a real fun way to get fit and boost your wellbeing.

Stretch and Relax – Release tension and relax the mind with slow paced stretches and relaxing moves.

■ **Physique** – Using functional equipment and weights to shred fat and tone your body!

Zumba – We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Pedal and Pump – Mix it up with cycling and conditioning with this class! Spin bikes and weights, your body will have no choice but to see results.

■ **HiIT it Hard** – A short high intensity paced class made to work to your max and see results faster.

Saturday Energiser – Boost your energy levels with this combination of fitness and toning exercises.

Please note, sessions highlighted ■ do not run on match days.

Prices:

£50

Per year for unlimited access

£25

Per year if claiming JSA, DLA, ELA or Pension

£3

Pay as you go

Members only sessions are highlighted ■

To sign up or for more information call the DCCT Team on **01332 416140**